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Women's Lacrosse take on North Central. See p. 8

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March 23, 2015

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Volume 109, Number 20

For the KIDS

$51,200.07 raised

JESSICA GRANT *EDITOR-IN-CHIEF*
jessica.grant@wartburg.edu

Wartburg students jived, shimmied and rocked out for 12 hours on Saturday to raise money for kids. At the end of the night, it was revealed that Dance Marathon had raised $51,200.07 for the University of Iowa Children's Hospital.

"Dance Marathon makes a huge impact. When you see how much money was raised and you know how it's going to be used, it's just this unbelievable, awe-inspiring feeling," Kyle Scobee, one of the advisers for the group, said.

All the funds raised from Wartburg's seventh annual Dance Marathon will directly help families with kids who have stayed at the hospital. The marathon is affiliated with the Children's Miracle Network, an international non-profit organization.

Some of these families participated in the event and shared their testimonies.

"Each [dance] team gets to meet their family; they're each paired with a miracle kiddo. All the families are there from the area we serve," Jenna Manders, president of Dance Marathon, said.

"After meeting all the families that I have met through Dance Marathon, they've just stuck really near and dear."

Scobee said it was these interactions that made Dance Marathon really worthwhile when he participated as a student.

"To hear their stories and get faces to the people you are helping really just creates that personal connection to what you're doing and why you're doing it," he said.

Many of the kids who came to The W on Saturday danced alongside Wartburg students at the top of every hour, when there was a morale dance. Every hour marked a different theme, such as hillbilly, '80s or athlete, for which participants could dress up.

In addition to dancing, there were many other activities held throughout the day, such as laser tag, ping pong, Twister and face painting for students and kids alike.

"The day is a lot of fun. It's high-energy, pretty intense, a lot going on and overall a very active day for the students that are participating," Scobee said.

Some students did more than just donate their time and energy on Saturday. Nearly 20 people donated their hair so it can be made into wigs. In addition, other students joined the bone marrow donation registry.

Each participant in the event was asked to raise $100, Manders said. This amount is enough to buy a family 10 hospital meals, a six-night stay in the hospital or grief kits for two siblings.

Although Manders' goal was to raise $55,000 for Dance Marathon this year, the total still exceeded last year's sum by more than $500.

"It just hits home for me because you never know if you're going to have a child, or if there's going to be a child in the family, who is treated at the University of Iowa Children's Hospital," Manders said.

"That's why I dance."

Student Mwalimu Karisa in Kenya working on one of his projects for Mwalimu's Dream. —**Submitted photo**

Mwalimu's Dream

Kenyan student works to build a medical center in village

JEANNE EDSON *NEWS EDITOR*
jeanne.edson@wartburg.edu

One Wartburg first-year student is already achieving his dreams of assisting his country from over 4,000 miles away.

Mwalimu Karisa, an international student from Kenya, made it his mission while he was an exchange student in Davenport, Iowa, to have a drinking well in his home's village.

"First and foremost, it has been very, very successful. I said this way back in 2012 when I did the first project, the main aim of that was to bring clean water to our village in Kenya…and I successfully did that. By that time I was still in high school," Karisa said.

That dream became true in July 2012 and now Karisa is onto his next mission.

"I came back to the U. S. for college and I started doing the medical clinic," Karisa said. "It is basically a hospital and so far it has been a very successful project."

Karisa's dream of bringing a clinic in his coastal Kenyan village is becoming more and more of a reality. Karisa's charity, "Mwalimu's Dream," recently received $5,000 to help assist in the completion of the medical center.

"I am glad that the project has been receiving very positive feedback from both communities in the U.S. and also in the village in Kenya where it is going to help very many people," Karisa said.

The medical center is expected to serve close to 12,000 people and allow community members convenient access to medical assistance and supplies. Prior to having this medical clinic, villagers had to walk long miles to seek medical attention and some died during the long journey, Karisa said.

But with the additional monetary gifts and continued construction, the medical center nears completion.

"To give you a brief statement of the project at the moment, we are almost done with the building [about] 75 percent. We have the windows fixed and the roof done as well," Karisa said.

Karisa has been working with his U.S. host parents and the Kenyan pastor of Fishers of Men Ministries based in Davenport on the project and said he wouldn't be able to do it without their assistance.

"Also we have several contributors, like individual contributors, that see this story and they see the project and they decided to donate," Karisa said.

To donate funds for the medical facility, checks may be made payable to: Fishers of Men Ministries, PO Box 2152, Davenport, IA 52809 and online at www.fomministries.org/donate.

Karisa estimates the medical center (above) is about 75 percent completed. —**Submitted photo**

#LotteryKnight

Students interested in living on campus can deduct 25 points off their lottery number by posing with a poster and posting it to social media. From left: Thomas Biederman, Ben Kreitlow, Colton Thoreson and Alex Harrison pose for their poster picture. —**Submitted photo**

AMANDA GROFF *ASST. NEWS EDITOR*
amanda.groff@wartburg.edu

This year, students living on campus were surprised with a new approach to lottery night. Golden tickets allow for the person or group to deduct 25 points off their lottery number, Cassie Hales, assistant director of residential life, said.

Posters went up around campus a few weeks ago encouraging students to take a photo with the poster and post to social media saying why they enjoy living on campus.

Hales said the idea for the campaign was thought up by communications specialist Clint Riese after Residential Life asked him to help market the idea of living on campus to the students.

"He came up with the hashtag as a way to spread awareness on social media about housing sign-ups and to also create an incentive for students who are participating in the lottery," Hales said. "When he presented the idea to us we thought it would be a great idea to spread awareness and get the students talking about the process."

In order to get the golden ticket, students must take the photo they posted to Marketing and Communication. There, they will write the names of the students on the tickets and stamp them with a seal to ensure their authenticity.

Some of the posters hung up showed slogans saying, "Do not cross the moat," and "Landlords are no fun." Some students living off campus found the slogans offensive.

"I personally love living off campus. It gives me a lot of choices that are often dictated for me," Lindsay Heinen said. "The posters were very offensive to those who live off campus and, quite frankly, a bit discriminatory."

She said the one that upset her the most was "Don't cross the moat."

Heinen said it was rude to imply that she has somehow abandoned the "castle" because of her financial situation.

Another change that occurred this year was getting rid of the housing deposit. Instead, those who wish to live off campus have to pay a $250 deposit.

According to Hales, those in Residential Life were just looking for a way to show students that living on campus is fun.

"We hope to begin the conversation in an effort to get students talking about why it's important to live on campus," Hales said. "We also want to hear from students themselves. We want to know what they enjoy about living on campus and even what they don't enjoy."

Hales encourages students to share their experiences with Residential Life so they can continue to serve the students better.

Students are allowed to get the golden ticket up until the day they sign up for housing, Hales said. She added that if students lose a group member or need to re-group, it gives them time to take another photo and get a ticket.

Hales believes the process can ultimately make a difference.

"I have seen students miss out on the building they want because they were one or two numbers less than the group in front of them," Hales said.

"The lottery is completely random and the incentive program allows students to have a little control over their number."

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On March 18, students had the opportunity to meet director Luis Argueta and view his film, "Abrazos." —**Submitted photo**

Documentary brings immigration awareness

RACHEL FLYNN *STAFF WRITER*
rachel.flynn@wartburg.edu

"Abrazos," a film directed by Luis Argueta, was presented at Wartburg on March 18.

The documentary is touring the Midwest. Dr. Zak Montgomery, assistant professor of Spanish, was showing a different film directed by Argueta in his Latin-America cinema classes the same week Argueta was scheduled to be in Iowa.

Montgomery said he extended an invitation to Argueta to show "Abrazos" at Wartburg.

"I really wanted my students to get to meet the director of a film that we studied and to have a chance to ask questions," Montgomery said.

Argueta said he was thrilled to be invited to Wartburg.

Argueta also directs and produces commercials, and for the past seven years, he has been focusing on the stories of immigrants and the effects of U.S. immigration policies on them and their families.

"Abrazos" is the second movie of the trilogy. "Abrazos" presents the stories of immigrant children from Guatemala who have settled in Worthington, Minn.

While immigrating, they had to leave behind many family members. The immigrants wished there was a way to go back to Guatemala and visit their families.

The immigrants could not go back to Guatemala for various reasons, but thanks to the formation of the program "Familias Juntas," (called "Abuelos y Nietos Juntos" when Abrazos was being filmed), children of some immigrants were able to visit their family members in Guatemala.

Some of the children met grandparents, aunts and uncles, but a few also met their siblings, who were living in Guatemala, for the first time.

The children were able to experience how their family in Guatemala lived compared to how they live in the U.S.

The first movie in the trilogy, "abUSed: The Postville Raid," presents the devastating effects of U.S. Enforcement Immigration policies on communities, families and children.

"The film tells the gripping personal stories of the individuals, the families and the town that survived the most brutal, most expensive and largest immigration raid in the history of the U.S. and serves as a cautionary tale of government abuses," according to abUSed: The Postville Raid website.

The third film, "The U-Turn," is currently in production.

"It is about the transformation in the lives of women and underage workers in Postville that lost their fear of speaking out and broke the silence about the crimes that were committed against them," Argueta said.

"Because they spoke out, they qualify for a visa called the U-Visa, so that 'U-turn' is part of the metaphor."

Argueta teamed up with many others, including his good friend Lisa Kramer, to make "Familias Juntas" happen. Kramer had the initial idea to try and get immigrant children to Guatemala.

Argueta said Kramer came to a showing of "abUSed: The Postville Raid" in Worthington, and afterwards talked to him and the two formed a friendship.

Argueta said Kramer had visited Guatemala many times before with her church.

He added Kramer called him after her first grandchild was born, and she told him she could not imagine going a few days without seeing her grandchild.

She realized these Guatemalan children have not even met their grandparents. She then asked what Argueta thought about taking some of the children to Guatemala.

Argueta said it was a great idea. He would help her as much as he could and he wanted to make a film about their journey.

"I want people to say immigrants are just like me. They are my brothers and my sisters. They are human beings who deserve to be recognized in their full dignity," Argueta said.

The showing had a large turnout, and it made attendees think.

Moviegoer Alicia Urbain said, "I think everyone should be aware that this is happening. They're not only here because they want to be, they also need to raise money for their family and support them back home."

Yareli Krause, who also watched the film, said, "I think people should know about it, so they can actually know what is happening, instead of just the negative parts about it.

"Also, just for other people to help out and get more people to see their families."

Copies of "Abrazos" and "abUSed: The Postville Raid" are available at Vogel Library.

Intervention training

Twelve students, faculty and staff came together for a two-day training on bystander intervention and how to respond to situations that could lead to violence

AMANDA GROFF *ASST. NEWS EDITOR*
amanda.groff@wartburg.edu

Student Life recently sponsored a two-day bystander intervention training aimed at helping people on campus respond effectively to situations that could lead to violence, Deb Loers, vice president and dean of students, said.

Loers said the community always needs to be concerned about addressing safety and being equipped with the tools needed to respond.

"This type of training can help us build a better community," Loers said.

According to Director of Campus Programming Ashley Lang, Mentors in Violence Prevention (MVP) Training is a leadership program that motivates both men and women to play a central role in solving problems that have previously been considered "women's issues."

She added the program utilizes a unique bystander approach to prevention.

It views all individuals not as potential perpetrators or victims, but as empowered bystanders who can recognize and confront harassment and abuse, she said.

"We brought this to Wartburg to empower trainers to think differently about the bystander approach and, more specifically, as it relates to sexual assault," Lang said.

"The MVP program inspires leadership by empowering individuals with concrete options to effect change on those issues."

Lang decided to coordinate the training with the University of Northern Iowa after being a part of a sample group of MVP's at a conference she attended in the fall with Molly Schmitt and Ariel Ford Loosier.

> *"We brought this to Wartburg to empower trainers to think differently about the bystander approach..."*
> ***—Ashley Lang***

"Bystander intervention is a passion of mine and I know that sexual assault is an important piece we should be addressing in the trainings we provide," Lang said.

"I thought this was an interactive and non-preachy way to do so."

During the two-day training a total of 12 people participated; nine received their certification to be a trainer.

Those who got certifications were participants who were able to be in attendance both days.

One of these individuals was student body vice president elect, Molly Zmudka.

"Ashley Lang approached me about getting involved with the Mentors in Violence Prevention training, and I immediately knew it would be a good experience," Zmudka said.

"Abuse in all forms affects so many people in this world, but yet often gets overlooked. I wanted to learn about what I can do to help stop abuse on this campus, eventually being able to teach my peers."

Kirk Artist, head coach for men's soccer, also took part in the training and said next year the soccer players will have some sort of training or education.

"I feel that we need male role models to lead young males in what it means to be a real man and not necessarily the definition of a man that society tells us," Artist said.

For those interested in taking this training, Lang said they are looking to plan trainings for sometime in the fall.

She added the hope is as many people as possible will attend the future trainings; they will likely be around 90 minutes instead of two days.

"Educating ourselves on bystander intervention is crucial to curbing abuse at Wartburg. A lot of students seem to think that just because we go to a small school, abuse doesn't happen," Zmudka said.

"In reality, it is present at this campus, as well as other campuses around the country."

Lang added, "We need to be willing to watch out for and support each other.

"Violence prevention can be a challenging conversation, but it's still important we be willing to have conversations on the topic."

KWAR 89.9 hour marathon

Throughout last week, KWAR hosted the annual 89.9 hour marathon.

During the marathon, live DJs were present every hour of every day.

▸ **A look at 'Marathon to the Future' p. 5**

Show hosts were on-air from both on and off campus locations. —**Megan Backer**/*Trumpet*

Reaccreditation helps evaluate Wartburg

LIZABETH GEHRING
GUEST COLUMNIST
lizabeth.gehring@wartburg.edu

The effective operation of an institution of higher education is made evident in the success of its students and is revealed at the intersection of student learning and the college mission.

Those of us who organize curricular and co-curricular programs think critically by virtue of our profession. However, this year as we anticipate the Higher Learning Commission (HLC) reaccreditation, we are encouraged to go further.

We need to think like assessors as we analyze and evaluate Wartburg's educational mission as well as the specific learning outcomes that constitute what we proudly call a Wartburg education.

As we employ this perspective, we will be called upon to ask questions of our courses and programs of study.

How are our student learning objectives appropriate to our mission, programs, degrees and students? What evidence do we have that students achieve those learning outcomes? What performance tasks must anchor and focus instruction?

The HLC accredits educational institutions, which are degree-granting and post-secondary, in the North Central region, which includes 19 states.

In order for our programs to sustain their national and regional credibility in the sciences, performing and communication arts and the humanities, this agency must ensure that we pass muster.

And we do. This process is continually undertaken by institutions of higher education across the country.

Our experience as educators encourages us to highlight the proactive character of assessment. We treat assessment of student learning as a recursive process in our commitment to educational advancement.

Our effort to animate our mission creates a culture of continuous improvement. The reaccreditation self-study is a job, for all of us here at Wartburg, as we are uniquely qualified to identify and explain what we do well, and what we aim to improve.

The upcoming reaccreditation, the institution-wide self-analysis, and the HLC on-site campus review provide a method and venue to express the scope of Wartburg's good work.

Lizabeth Gehring is the assistant professor of English education at Wartburg College.

Choice Tweets

Why can't all the sports teams just love each other? #notfeelingthelove

Who else is counting down the days until May term? #maytermisplayterm

Getting turnt up tonight and by turnt up I mean wearing pajamas and watching Netflix. #getonmylevel

I was going to try doing homework...but instead I am laying in bed after taking a nap. #whoopsies

I really dislike it when people hate on Wartburg and Waverly that don't go here. Like, get out if you don't like it, but to me this is home. #homesweethome

I think they should have the flags in the Student Center all year, not just one week. #diversityweek

When you're so tired on a Friday night that sleep is more appealing than anything. #turneddownforwhat

Finally talked to the girl I've been crushing on for the longest time tonight! Wish I would've done it sooner! #regrets

Regardless of when I wake up on Sunday, I lay in bed until 11 a.m. Life can wait. #sundayfunday

Green Tip: Purchases have impacts, too

Courtesy of the EcoReps

Every time you make a purchase, it has an impact on the environment. Over time, these impacts can add up. The following are steps you can take to reduce that impact:

Buy local: Buying local reduces the waste involved in shipping over long distances and has the added benefit of contributing to a sustainable local economy.

Buy products with limited packaging: Much of the waste of products comes from the packaging involved in displaying and containing the product. When you make a purchase, avoid products with redundant and unnecessary packaging.

Buy used: Buying used eliminates the need to create another product for your consumption, thereby eliminating any waste associated with producing that product. This also has the added benefit of less cost.

Avoid unnecessary purchases: Consider whether the purchase is really important or not before buying. If you will not actually use the item and will not want it later, do not buy it.

Borrow or rent instead: Borrowing and renting allows you to use a product when you need it without the cost of producing a new item. This is a cheaper way to shop, and it eliminates the need for excessive storage.

Donate when you are done: When you are finished with an item and no longer wish to use it, donate it. This will allow others to use the product and eliminate the waste of buying an unnecessary new product for themselves.

Limit trips: When you do go shopping, limit your trips to the store. If you consolidate your trips, you will save the money and resources associated with driving to the store.

Smartphones everywhere

Insight on what it's like walking on campus

GLORIA CAMPBELL *GUEST COLUMNIST*
gloria.campbell@wartburg.edu

One of the defining aspects of Wartburg's culture used to be that students would look at each other in the hallways, smile and say hello.

Wartburg was known as a "friendly" place. But that eye contact is quickly waning, partially because we have more students from urban backgrounds where those quaint customs are lacking or safety related.

To measure this cultural change, I walked across campus at 10:05 a.m. from the Student Center to the Science Center.

Only about 25 percent of the people I didn't know actually made direct eye contact.

I suspect the real culprit of our cultural change is the cellphone because nearly 15 percent were reading their phones as they walked…hopefully, not walking into ME or walls.

They are called smartphones, but how we use them determines whether the users are smart.

Here are more observations:

1. If the last thing you do before sleeping is look at your smart phone, hopefully it is to check your alarm to make sure you get up for a 7:45 a.m. class.

That is a truly hopeful statement, as I suspect that those oversleeping could have carved out more sleep time if they had moderated their cellphone habits.

2. If you spend more time on your cellphone than you study, don't expect all A's in classes…unless you are completing online quizzes for your classes through your phone.

3. If you scroll through your phone while seated in the bathroom, consider yourself addicted. Or someone who multitasks too much.

4. If you look at your cellphone during a first date, expect it to be your first and last…unless your date beats you to the peek. Then maybe that person loves their cellphone more than you.

5. If you look at your cellphone during an interview, plan to apply for more internships or jobs or grad schools, as recruiters want your undivided attention, just as dates do.

6. If you spend more time looking at your cellphone than watching an athletic competition or concert, hopefully you are tweeting the score to others. Probably not.

7. If you have run out of data more than once in the past year, make sure that you monitor your account so you don't incur huge extra fees. Wi-Fi is good; no Wi-Fi is bad.

8. If you have more apps than you have friends (or at least the type of "friends" who will show up to help or listen face-to-face), you might want to reconsider priorities.

Facebook "friends" don't really count, especially those who post photos of themselves in 80 degree weather when it is -10 degrees in Northeast Iowa, without the wind chill.

9. If you catch yourself judging others by what type of iPhone they have, think again about what is really important in life.

10. If your parents pay your cellphone bill, call them to thank them through a voice conversation at least once a week.

It will help delay the date when you will have to take on that expense.

I scrapped my first smartphone about four years ago to go back to my flip phone, which is now deemed to be retro by the Wall Street Journal.

But I recently upgraded so that I could FaceTime with a toddler granddaughter who could outrun Skype on computers. But maybe retro is good: smiling, making eye contact and having a real conversation about the meaningful aspects of life.

Try it!

Gloria Campbell is an associate professor of business administration and economics at Wartburg College.

TRUMPET

Produced weekly by Students at Wartburg College, 100 Wartburg Blvd. Waverly, Iowa 50677

Jessica Grant, ***Editor-in-Chief***

Jeanne Edson, ***News Editor***
Nathan Ford, ***Sports Editor***
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Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 500 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the journalism and communication office or emailed to jessica.grant@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

Student creates Knights of the Roundtable

New student organization aims to bring school spirit to games

DAN HAACK *KNIGHTLIFE EDITOR*
daniel.haack@wartburg.edu

A new organization on campus has formed from the journal entry of a leadership student, Kristen TeigTorres, Leadership 115 instructor, said.

The class requires students to write their thoughts down in a journal to reflect and also share. TeigTorres read one student's journal and it sparked a sudden class project.

"He commented in his journal that even though there are students that go to games and different athletic events on campus, he wished that there was more of a passion and drive from people," TeigTorres said.

Tyler Turner is the creator of Knights of the Roundtable, which is a new student group that promotes attendance of students at sporting events. Turner said the idea of this group came from his high school.

"In high school we had this thing called 'Rocket Crew.' What that was is that we would try to get people to go to the games more often, but not only that, we also wanted it to add to the vibe and make people get into the game," Turner said.

One of the textbooks in the leadership class is titled "Just Start," which explains that sometimes action just needs to be taken, TeigTorres said.

So, she told Turner to make this organization happen.

"Kristen brought up the fact that we could turn this into a class project and so that is how the whole thing started," Turner said.

Knights of the Roundtable made their debut at the home game for Wartburg Women's Lacrosse. The first exposure of the organization seemed successful, Turner said.

"We had a decent turnout. I think a lot of the reason was because it was the home opener and it was the first home lacrosse game ever," Turner said.

"But I also think that people would not have given it a chance if it wasn't for the creation of the Facebook page," he added.

Turner said there are some people who are not in the leadership class who believe this is a good idea, but also other organizations have shown interest in Turner's idea.

Tori Soat, vice president of membership for ambassadors, said that the group could work well with the ambassador organization to increase the spirit on campus.

"Ambassadors would love to work side by side with Knights of the Roundtable to increase attendance by students at Wartburg events," Soat said.

"It is absolutely awesome when students get together and create their own spirit sections at games, it just doesn't make sense why that doesn't happen for every game. The students create an active and involved atmosphere at games that can really give us a home advantage."

While Knights of the Roundtable started as a class project, Turner plans for it to be an organization that will exist after the semester finishes.

Turner said he hopes to have the organization operating until the next indoor sports seasons.

"I think that if we can keep this going from now until the next basketball season or the next volleyball season to get people inside, we can really expand on where this is going," Turner said.

If you would like any more information about Knights of the Roundtable, feel free to visit their Facebook page with the same name or contact Turner at tyler.turner@wartburg.edu.

Turner urges all students to attend sporting events. He said everyone should help cheer on the Knights.

"There is school spirit within everybody and they need to go out and make it known," Turner said.

Tyler Turner shares his school spirit for the Knights at the first home game of the Wartburg Women's Lacrosse Team. —**Submitted photo**

—**Submitted graphic**

'All the Good in the End'

AMANDA GROFF *ASST. NEWS EDITOR*
amanda.groff@wartburg.edu

Art exhibitions provide a chance for students, faculty, staff and members of the Waverly community to meet the artist and ask questions about the work directly Brittany Deal, art gallery director and exhibition manager, said.

The reception for Angela Waseskuk's exhibition, "All the Good in the End," will be held on Wednesday, March 25 from 7-9 p.m. in the Waldemar A. Schmidt Art Gallery.

"This exhibition is a chance for me to let the work breathe in a way that it cannot in my studio," Waseskuk said. "It is a chance to share what I love to do with other people. Art is meant to be shared, contemplated and discussed."

Attendants of the exhibition and reception will be treated to seeing all new work that the artist hasn't shown before.

Waseskuk's inspiration for the pieces in the show came from the materials people use in their everyday lives.

"I am interested in the way that the subjective value of materials or objects ends up shifting with changes in context," Waseskuk said. "Being able to be truly surprised by something we see on a daily basis, such as chewed gum or a shred of basic acrylic yarn, because it is in a strange, new context, is a wonderful feeling. I love to look at work that surprises me like that, with a material I assumed I completely understood."

She added that she loves art that happens when the known rubs up against the unknown.

According to Deal, the gallery has featured many artists with differing artistic practices and aesthetic sensibilities. Waseskuk's exhibition provides a sharp juxtaposition from the previous shows held this year.

"Her work can be described as 'minimalist,' although the forms she creates appear softer and more organic than many minimalist artists of the 20th century," Deal said.

Of the pieces that are featured in the gallery, Waseskuk said her favorites are "All is Everything," which is a large black yarn circle, and "The Gentle Dark," which is a multicolored yarn piece and mirrored boxes.

She said both pieces have elements in them that she would like to continue exploring to see how they play out.

Waseskuk's advice for other artists is to make something every day.

"Just pause to acknowledge that moment when things weren't as they always were, when things just were not as they usually seem," Waseskuk said. "If you practice this exercise, I promise, one day, you will find yourself in awe and completely inspired to make work."

Deal hopes this exhibition reaches people other than just the Waverly community.

"This exhibition, created by an art instructor at the University of Northern Iowa, helps to connect Wartburg with the greater Cedar Valley community," Deal said. "I would like to see more collaboration between area institutions and creative spaces."

A look at 'Marathon to the Future'

DAN HAACK *KNIGHTLIFE EDITOR*
daniel.haack@wartburg.edu

The 2015 KWAR Marathon packed 89 hours of airtime DJs.

The theme this year was "Marathon to the Future" and played off the famous Michael J. Fox movie "Back to the Future." It began on Monday, March 16, at 7 p.m. and ran until Friday, March 20, at 1 p.m.

KWAR held several live remotes both on campus and in the Waverly community. Many prizes were given out to local listeners.

Check out the Facebook page for 89.9 KWAR to see more photos and posts covering "Marathon to the Future."

—**Megan Backer**/*TRUMPET* —**Submitted photos**

Warm weather brings spring fever

Students may experience mood changes with the higher temperatures

OLIVIA JANSEN
ASST. KNIGHTLIFE EDITOR
olivia.jansen@wartburg.edu

As the sun came out and the snow started to melt this past week, students came out of their winter hibernation mode and started enjoying their time outside.

Hammocks were hung between trees, students were playing Frisbee in Clinton Field and there were even a few games of sand volleyball being played.

The whole campus seemed to be in a better mood, which many people contributed to the start of spring, which was March 20, and the phenomenon of spring fever.

Dictionary.com defines spring fever as "a listless, lazy, or restless feeling commonly associated with the beginning of spring."

TJ Warren, Pathways Center Associate for Vocation and Mentoring, had a similar definition for spring fever.

"With the winters we have in Iowa, I would say spring fever is a lot like waiting for the final minute on a drier to expire," Warren said.

"You're excited that winter is almost finished, but it seems like it takes forever for those last couple weeks to kick off, and when it does, you immediately jump into action and are thrilled that winter's finally over," he said.

With warmer weather and May Term approaching, Warren said there are both positives and negatives to experiencing spring fever.

"Those who suffer from Seasonal Affective Disorder (SAD) in particular can greatly benefit from the arrival of spring. So when winter is about to expire, students get excited to be outside, they are usually more active and tend to have a better mindset," he said.

"For many this is a great thing as it can increase productivity, but for some, this can be a challenge as they may push deadlines off and forget things."

As outside activities become more appealing, some students may find it difficult to balance their academics with free time for fun.

"Time management can be your biggest ally in regards to spring fever. Consistently keeping track of your schedule, deadlines, and activities can greatly benefit your reaction to spring fever," he said.

"Rather than going outside for hours and hours at a time, continue using your planner like you did at the beginning of the year/term and plug times into your schedule that will allow you some time to have fun and be outside," Warren suggested.

First-year Joe Chamberlain said he feels recharged when winter is finally over and he gets excited when spring fever hits.

"Overall I'm in a better mood," he said. "I want to be more active and most importantly it means playing soccer outside. However, it is tough with school because with it being so nice outside you have more reasons to not do homework."

Fourth-year Ashley Frush has also been experiencing the excitement that comes when the weather starts getting warmer.

"I have most definitely been feeling the spring fever," she said. "Once the weather hit 50 I was in shorts and out recreating!" she said.

For her, the spring means spending time with her loved ones.

"It hasn't totally hit but we want it to be here so bad we're willing to pretend for a while because we can't wait to be outside doing the activities we love and spending time with family."

Students embrace the warmer weather by playing a pick-up game of soccer one afternoon in Clinton Field. —**Olivia Jansen**/*TRUMPET*

Receiving credit for fitness classes

Should Wartburg students be able to earn credits from classes at The W?

DAN HAACK *KNIGHTLIFE EDITOR*
daniel.haack@wartburg.edu

For years, Wartburg College has not allowed credit for fitness classes in The W, Ann Arns, chair of the physical education department, said.

While previously there were elective classes such as running/jogging at Wartburg, these extracurricular courses have not been seen on campus for many years, Arns said.

She said if "Outdoor Recreation" was not a class previously, then they would never have received the approval.

"They [the college] would say, 'We just cannot afford to spend the kind of money on an instructor for something that is purely elective,'" Arns said.

"As far as learning experience, it would be great. There is a lot of hands-on work, which is because this is a huge fitness school. With the fitness management programs and the exercise science, we mostly get a lot of kids that come in and start taking classes because that is their field of study."

—Jerod Botts

"It has to be for a major, for an essential education or something else like that."

Fitness instructor Jerod Botts leads a class. — **Dan Haack**/ *TRUMPET*

At the University of Northern Iowa (UNI), through their physical education department, students are able to take racquetball, badminton or basketball, Arns said. "We used to have those classes here 16 years ago when I came, and I am the one that changed that," Arns said.

"I feel like my physical education teachers need to know how to teach a specific sport," said Arns.

"They need to know how to teach and then they can apply that back to any activity they want."

One of the reasons why fitness classes should not count for a credit is because instructors would have to come up with a learning objective, Arns said.

"They are going to have to fit into the academia world and fitness is a different mindset," she said.

"It would create a little more work for that person to meet the requirements that would have to happen in order for students to gain credit," Arns said.

Jerod Botts, group fitness instructor, teaches kickboxing and functional cross training at The W.

Botts said that it would be great if students could take some of his classes as credit for school.

"As far as learning experience, it would be great. There is a lot of hands-on work, which is because this is a huge fitness school," he said.

With the fitness management programs and the exercise science, we mostly get a lot of kids that come in and start taking classes because that is their field of study," Botts said.

Botts said he thinks more students would get involved at The W with the inclusion of courses for credit.

"Recently, our student attendance numbers have dropped in our bigger programs, and we would love to see them be boosted back up," Botts said.

The extra time commitment would not be a problem, Botts said.

He said as long as everything fits into the schedule, then it should be easy to get into the routine of teaching Wartburg students.

"There has to be a purpose for why we offer classes and take resources away from other classes," Arns said.

Members of Botts' class finish their workout. He believes students would benefit if credit was given for fitness classes.— **Dan Haack**/*TRUMPET*

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Tennis drops two at home to tough competitors

ALYSSA NOBLE *ASST. SPORTS EDITOR*
alyssa.noble@wartburg.edu

It was a long home Saturday for Wartburg men's tennis (6-6 overall), dropping two matches.

The Knights began their day with a close loss against Morningside.

Wartburg picked up one doubles match when Luke Benna and Brandon Hornback beat Danny Graves and Brandon Stoll 8-2.

Wartburg's two doubles losses came when Eric Hilpert and Fumiya Kitahara lost to Akshay Krishna and Jordan Betts 8-5, and Frank Loconti and Karl Jaeshke dropped their match to Alex Struck and Jordan Nelson 8-3.

In the singles competition, Wartburg won three and lost three.

Graves defeated Hilpert 7-5, 6-3. Hornback easily beat Stoll 6-0, 6-2. Benna won against Hunter Renn 6-1, 6-4.

Kitahara handled Krishna in the first set 6-0, and made it close in the second 7-6.

Struck defeated Loconti 6-2, 6-1. Betts shut out Jeremy Ellerby 6-0, 6-0.

Next up, Wartburg lost to Monmouth in the afternoon 7-2.

Wartburg dropped all of their doubles matches as Hornback and Benna lost to Marco Franco and Derek Rineberg 8-4.

Frank Loconti competed in two singles and two doubles matches on Saturday. —**Alyssa Noble/***TRUMPET*

Hilpert and Loconti fell to Saxon Day and Landon Walker 8-5. Finally, Kitahara and Ellerby dropped their match to Dylan Wong and Ronnie Griffin 8-4.

Wartburg won two of their singles matches.

Hornback beat Day 6-4, 6-4.

"I think Brandon Hornback stepped up again," said head tennis coach Mike Strydom. "He played a tough match today against Monmouth, same person he lost to last year, he beat today in three sets. That was pretty big."

Kitahara defeated Franco 6-3, 6-3.

Hilpert and Walker went at it until nightfall in a long 10-7 match, until Walker finally came out victorious.

"Eric Hipert is finding his confidence again. He's been our number one for a long time, but he's been in a slump for the last few weeks. This match that he just lost now, was probably one of the best matches I've seen him play in a long time," Strydom said.

Benna fell to Rineberg 6-3, 6-3. Loconti lost to Wong 6-1, 6-2. Griffin beat Jaeshke 6-2, 6-0.

"It is always a long day when we have two matches," Strydom said. "Tough day, long day, but I think it's good for the guys to have to go through these things. We're still a pretty young team and so these (days) build character."

Not only is it a long day because of the two matches, but also because of the tough competition.

"I think we know that we have a run of very, very tough matches, probably our next six or seven matches starting with these two today and one tomorrow. We're underdogs in every one of them," Strydom said.

Strydom is looking to use these tough matches as a learning opportunity for his players.

"We made a lot of mistakes today, but those (mistakes) will start to work out as they play more tough matches."

As for the rest of the season, Strydom doesn't believe his players need to improve their physical strength, but more so their mental strength.

"We're working on overcoming problems earlier. Things will happen in tennis matches and I think we're still struggling to overcome the little things that happen in tennis matches, but I think the guys are playing well. They're working hard physically. Perhaps we need to work more on being tougher when those break points come, but overall I think we are in a good position. "

Solid hitting sweeps Coe

NATHAN FORD *SPORTS EDITOR*
nathan.ford@wartburg.edu

Blake Wilson's offensive slump last season is very much a thing of the past.

Wilson continued his recent power surge Saturday with two home runs, including the winning solo shot in the eighth inning, against Coe.

The 7-6 win in the first game Saturday and third of the series was part of a four-game sweep for Wartburg. It's the second year in a row the Knights (14-1, 4-0) have swept Coe (7-5, 0-4).

The early returns on 2015 are extremely positive. The senior catcher is batting .389 and leads Wartburg with five home runs and 16 RBI.

Saturday was his second two-homer day in a week, following blasts in each game of a doubleheader against St. Olaf on Sunday.

His first home run in Cedar Rapids gave the Knights some breathing room. It was a three-run shot that put Wartburg up 6-2 in the third inning.

Coe rallied with four runs on five hits in the sixth, including Jack Hoffman's two-RBI double that tied the score to force extra innings.

Wilson followed with a solo homer in the eighth to give Wartburg a lead it did not relinquish.

Jake Thumann took Wilson's lead in the second game of the day and delivered a two-run homer in the first inning, his second of the weekend, to give the Knights a quick advantage.

DJ Utley added an RBI double in the third, then Wartburg poured it on in the fifth. Thumann and Milton Croes each recorded RBI doubles as part of a four-run inning that put the Knights up 7-0 en route to an 8-2 win.

Shane Chafa scattered seven hits over five innings, allowing two runs and earning the win.

On Friday, Wartburg took a 2-1 lead in the opening game of the series on two errors in the second inning.

Robbie Anstoetter's solo home run to left in the seventh inning was the only Wartburg run not scored on an error or wild pitch in the 5-2 victory.

Parker Bolt earned the win on the mound, giving up two earned runs on eight hits and a walk while striking out three in seven complete innings.

Thumann added to his weekend total with an RBI double to give Wartburg a 1-0 lead in the third inning of the second game. Wilson, meanwhile, had an RBI single in the sixth.

After Tyler Willis' RBI single in the seventh, Wartburg added insurance in the ninth, not that the pitching staff really needed it.

Wartburg won 7-1 and Michael Knouse threw a gem, allowing no runs on three hits and three walks while striking out five in eight innings.

Wilson finished the weekend 6-for-14 with six RBI. Willis hit 6-for-12 in the leadoff spot in the final three games while Ryan Kemp followed up a 0-for-4 performance by going 6-for-10 in the last three.

The Knights have now won 14 straight games and will take on Central (4-6), led by former Wartburg assistant Matt Schirm, Friday and Saturday.

Softball wins four over weekend

ALYSSA NOBLE *ASST. SPORTS EDITOR*
alyssa.noble@wartburg.edu

The Wartburg softball team had a successful weekend, sweeping Webster on Saturday and then Blackburn on Sunday.

In the first game, Wartburg scored four in the first inning after an RBI triple from Taylor Smola. Smola was then batted in from a groundout by Kirby Meyer.

The Knights put up three more in the second, beginning with an error from pitcher Chloe Costa, allowing Kristie Sommer an unearned run. Next, Katie Sommer scored off of an RBI groundout by Belk. Finally, Erica Countryman scored after another RBI groundout, this time from Britt Schoon.

In the third, Wartburg scored four, two from a Katie Sommer double. A single from Countryman allowed Katie Sommer to score and then Kristie Sommer had an unearned run as Countryman advanced to second.

Wartburg hit a sloppy defensive third inning, resulting in four Webster runs. Three of those were unearned and the fourth the result of a hit batter.

The trouble began with an error by Katie Sommer, scoring Kristin McIntyre. This was followed by Emily Kolisch scoring after Laura Zeegers was hit by a pitch, advancing an already loaded bases. A wild pitch advanced the bases allowing Erin McGinnis to score. Finally, a groundout to shortstop from Tessa Johanning, allowing Alyssa Sapp to score.

Wartburg scored no runs in the fourth, while Webster put up four more.

A walk with the bases loaded moved Costa home. Zeegers put a line drive out to centerfield, which was caught, but McIntyre tagged up, reaching home. Johanning had a two-RBI single.

Wartburg's 11-0 lead dwindled to 11-8 after the fourth inning.

Wartburg scored once in the fifth on a Belk RBI, and three more times in the seventh after another Belk RBI and then a two-run homer from Schoon.

Webster tried to fight back in their last at bat, but only managed two runs, both off of wild pitches.

Wartburg won 15-10.

In the second game, Schoon batted home two more after blasting another home run in the first inning.

Meyer scored in the second off a single from Micaela Forsyth.

Four Knights scored in the third after three singles, one each from Smola, Meyer and Wyman, and a flyout from Forsyth to score Meyer.

Webster's lone run came off an RBI single from Zeegers in the third.

Wartburg scored two more in the fourth inning after Katie Sommer stole home while Belk stole second, and Smola flied out to center field, allowing Belk to tag up and head home.

The game ended in only four innings, with Wartburg on top 9-1.

Sunday, Wartburg headed to Carlinville, Ill., and took on Blackburn, winning both games in five innings.

In the first game, Wartburg put up 14 runs in the first two innings, scoring seven runs in each.

Wartburg added one more in the third and their final in the fourth, for a total of 16 runs.

Blackburn did not score and only had three hits.

Paige Blom was the winning pitcher, pitching the entire game.

Katie Sommer went 2-for-2 at the plate with four RBI and a home run.

Wartburg utilized the run rule again in the second game, scoring 14 runs in five innings, compared to Blackburn's one run from a home run in the fourth inning.

Wartburg put up a homer of their own when Smola landed a three-run shot in the fifth.

Katie Sommer was again perfect at bat in four trips to the plate. Countryman was also perfect at the plate, going 4-for-4.

Wartburg's home opener takes place at 4 p.m. Friday against Augsburg.

Britt Schoon hit two home runs Saturday in Wartburg's win against Webster. —**File Photo**

Former coach praises Fiala

NATHAN FORD *SPORTS EDITOR*
nathan.ford@wartburg.edu

Jenni Kapanen built North Central's women's lacrosse program from the ground up.

Sunday, she got her first in-person look at a former player trying to do the same at Wartburg.

And she was impressed.

"For her first year, wow," Kapanen said. "She's done a great job putting this team together."

Kapanen is talking about Danielle Fiala, a player who was instrumental in North Central's growth as a program and is now the first coach at Wartburg.

Fiala scored a school-record 165 goals in four years with the Cardinals, a career that began in 2010 with a 4-11 record in the school's second season and ended with a 12-5 mark in 2013.

A few months after graduation, Fiala was hired at Wartburg, which announced it was adding lacrosse during the middle of Fiala's senior season.

"It did not surprise me a bit," Kapanen said. "It was so neat for her and for our team to see her move on and stay with the game. She was always very positive as a player, a hard worker."

Sunday was a reunion of sorts.

"I think it's very special," Kapanen said. "I think it's more special than some people really realize."

The freshmen and sophomores that were once Fiala's teammates are now juniors and seniors that produced a 19-1 leveling of the Knights Sunday afternoon.

Wartburg's Ashley Lahti tries to scoop the ball as North Central's Bianca Perri defends. The Cardinals, a program in its seventh year, defeated Wartburg 19-1 Sunday in Waverly. —**Nathan Ford**/*TRUMPET*

Junior Gina Fisher, last year's Midwest Women's Lacrosse Conference Defensive MVP, scored a game-high seven goals. Junior Claire Norfleet added three of her own.

"It's just another competition," Fiala said. "Half the girls I really haven't gotten the opportunity to know because they are a little bit younger, but there's a few players where it's like, 'Oh, that brings up old memories.'"

Megan Howe notched the lone tally for Wartburg, upping her season total to eight.

North Central was 21-11 the last two years and finished second in the Midwest Women's Lacrosse Conference. It's now a member of the College Conference of Illinois and Wisconsin.

As Fiala told her team afterward, the final score was not what mattered Saturday.

After all, the Cardinals (4-1) beat Cornell, another first-year program, 19-5 Saturday.

"Obviously games like these are not easy to deal with at the end of it, but you've got to play 60 minutes or we can't be successful as a team," Fiala said.

It's a good game for the team to use Fiala's favorite advice from her mentor, Kapanen.

"I think the biggest thing is just to always move forward," Fiala said.

The final score probably didn't much matter to Kapanen either.

She was beaming with pride at the 100 fans in attendance on a cold, blustery day. Five hundred showed up for the Knights' first home game last week.

"Having this support for the team and for her, it really shows you what she's done already," Kapanen said. "You're really lucky to have her."

UPCOMING SCHEDULE

Thursday
Outdoor Track at Texas
Lacrosse at Dubuque, 6 p.m.

Friday
Outdoor Track at Texas
Baseball vs. Central (DH), 3:30 p.m.
Softball vs. Augsburg (DH), 4 p.m.
Lacrosse vs. Augsburg, 4 p.m.

Saturday
Outdoor Track at Texas
Tennis vs. Graceland at GV, Noon
Baseball vs. Central (DH), 1 p.m.
Tennis at Grand View, 3 p.m.
Softball vs. Wis.-Stout (DH), 3 p.m.*

Sunday
M Golf at Webster
Softball vs. Ripon, 9 a.m.*
Lacrosse at Loras, 2 p.m.
Softball at Augustana, 5 p.m.*
**=Augustana (Ill.) Invite*

Monday, Mar. 30
M Golf at Webster

NADEAU INKS PRO CONTRACT

Wartburg men's soccer player Dan Nadeau has taken the first step toward a career in professional soccer.

The forward will play with the Minnesota United FC Reserves team this summer.

The reserves participate in the National Premier Soccer League, part of the fourth tier of the U.S. professional soccer pyramid.

Minnesota United FC is a second-tier team competing in the United Soccer League with talks of joining the first tier as a member of Major League Soccer.

Nadeau, a White Bear Lake, Minn., native, was the 2014 Iowa Conference Offensive MVP. He notched a league-high 34 points thanks to 12 goals and 10 assists.

Wartburg finished 13-4-6, won the IIAC tournament title and advanced to the NCAA Sweet 16.

Nutting: Being a student-athlete was the chance of a lifetime

SETH NUTTING *STAFF WRITER*
seth.nutting@wartburg.edu

As the seconds on the game clock ticked down to zero, my hopes of winning an Iowa Conference basketball championship began to fade away.

Standing on the court, realizing this would be the final time I would suit up in black and orange started to hit me; 13 years of basketball ending in the blink of an eye.

I remember those first fall workouts at Wartburg, pushing myself mentally and physically. The three-hour practices during the first week of practice that seemed to last an eternity.

Basketball was my top priority. Everything else was an afterthought. I made varsity my freshman year, but didn't play much. It was a step in the right direction.

Things began to change my sophomore year. I became more involved with the student media at Wartburg. Basketball was always a priority, but I was beginning to invest time into other areas.

As a junior, I joined KWAR and Knight Vision as a student employee. I began to write periodically for the Trumpet.

I was trying to juggle being a student, athlete and contributor to our student media organizations.

Being a student-athlete isn't easy.

Reserve forward Seth Nutting shoots a free throw during his senior season at Wartburg. —**Alyssa Noble**/*TRUMPET*

Becoming involved with the student media on top of being a student-athlete could be considered attempted suicide.

This piece isn't intended to be a pity story about how difficult my life was over the past four years.

The life of any college student is strenuous and I respect how involved most students at Wartburg are.

There were nights I wouldn't start homework until 10 p.m. Times I would go to bed at 2 a.m. and get up at 6 a.m. to anchor sports.

There were times I would have to choose between going to practice or setting up for a production.

Trust me, those were not easy decisions to make and I don't put anyone to blame except myself for being overly-committed.

The question becomes then, why did I stick it out? Why not quit?

To be honest, the thought had crossed my mind many times.

Last spring I didn't think I would be playing basketball my senior year.

Even though my priorities had changed, I still felt a strong allegiance to both the team and student media.

Although I suited up for the varsity team all four years, I was never a regular contributor. To be honest with myself, I probably didn't deserve it.

Often times a player thinks he should be the one getting more minutes or should be starting over another person. I would be lying if I said I never thought like that.

The fact of the matter is, other players were more invested in the team than I was. They were willing to come in before and after practices to get shots up.

Most days, I would rush to practice and leave right after. Not because I wasn't committed to the team, but because I had other things to get done.

It wasn't just the basketball team I was letting down.

I missed live productions to travel with the basketball team.

During the basketball season, I wasn't able to broadcast or write game stories, putting more work onto the backs of students and faculty advisers.

I've asked myself many times, "If I could go back and do college over knowing what I know now, what would I change?" To that I would answer: absolutely nothing.

The friendships I've made, both on the court with teammates and coaches and off the court with teachers and classmates has been something I'll never forget.

What I've learned as both a student and athlete at Wartburg are things I'll carry with me long after I get my diploma.

The opportunities that Wartburg has given me to succeed in life after college are definitely #WorthIt.

Life takes unexpected twists and turns. Although I fell short on some goals, I still experienced the best four years of my life at Wartburg College.

If nothing else, I hope this story reaches others with a similar situation; overworked and contemplating whether or not what they are doing is making a difference.

You are making a difference, and there is light at the end of the tunnel.

My experience at Wartburg has been the chance of a lifetime and I can't wait to see what the future has in store.